

Chuckwagon Days 5K Fun Run/Walk & Elite Mile

Saturday, June 23, 2018

7:30 AM - 5K Fun Run/Walk

8:15 AM - Elite Mile

8:30 AM- FREE Kids Foot Races Grades PK-6 (No Registration Required)

Race Location: Adair City Park, Adair, IA. The 5K registration is from 7:00-7:30 AM, and the Elite Mile registration is from 7:00-8:00 AM.

Directions: Take exit 76 off I-80 and go north. Follow the detour signs. Turn left on White Pole Rd. Adair City Park will be on the left.

Course Description: 5K course is flat with moderate hills near the end. The Elite Mile is flat and FAST!

Awards: Top 3 overall male and female receive awards. The 5K Fun Run/Walk will *NOT* have awards.

Proceeds: ACGC JH Cross Country and Track Programs

Entry Cost information: \$12 pre registration - \$15 on race day

Entry Prize: Guaranteed ACGC water bottles to the first 200 registrations!

Online Registration: Strongly suggested! <http://getmeregistered.com/ChuckwagonDays>

Contact: Email- kbrown@acgcschools.org

Website: <https://kbrown087.wixsite.com/acgchargers/chuckwagon-run> Results will be posted at this site.

Other Info: Stay and enjoy the activities in the park! FREE kids foot races will begin at 8:30 AM. The Lions Club is also serving breakfast until 9 AM.. The Chuckwagon Days parade starts at 10:30 AM.

-----detach here -----

Chuckwagon Days 5k & Elite Mile ENTRY FORM 6/23/2018 PLEASE PRINT LEGIBLY

Name _____ Sex ____ Age _____

Address _____

City, State Zip _____

Phone _____ E-mail _____

Race (circle One) 5k Fun Run/Walk or Elite Mile - (Mile Projected Finish time: ____:____)

Suggested but NOT required - Men Under: 8 minutes -

Women Under: 10 minutes

Waiver (MUST BE SIGNED)

Release and waiver (Please Read and sign)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or another record of the event for any purpose. The 5k is a FUN RUN and NO awards will be given. It's just for FUN! Minors will be accepted with a parent's signature. No refunds for any reason.

Signature _____ **Date** _____

Parent or Guardian if under 18 _____